

Eagle View Adult Center

January & February 2016



Class & Event Registration
begins Thurs. Dec 31

Trip Registration begins
Mon. Jan 4
See pages 2 & 19 for details!

Birthdate information is
needed at registration
for all participants

1150 Prairie Center Parkway, Brighton, CO 80601
303-655-2075
www.brightonco.gov

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Hours: Monday - Friday 8:00 a.m. - 4:00 p.m.

Phone: 303-655-2075

Location: 1150 Prairie Center Parkway
Brighton, CO 80601

Eagle View Center Staff

Sue Corbett - Director

Donna Singer - Program Coordinator

Ermie Marquez - Information & Referral

Gayle Martinez - Administrative Assistant

Becky Eichem - Front Desk Receptionist

Christina Harris - Trip Coordinator

Eleanor Maestas - VOA Meal Site Coordinator

Lucy Castro - Custodial Staff

Sue Wingen - VNA Nurse

On The Cover: Gene Goff proudly stands by one of the yucca sculptures he made and donated to Eagle View. A dedication ceremony will take place in the spring.

VOA Lunch

A hot, nutritious lunch is provided by Volunteers of America, **Monday - Thursday**. Lunch is served at 11:30 a.m. Reserve your meal **2 working days in advance** by calling 303-655-2271 (Mon - Thurs, 10 a.m. - 1 p.m.)

Daily meal donations are appreciated.

\$2.50 Donation per meal if age 60+

\$7.25 Mandatory charge if under 60

REGISTRATION PROCEDURE

CLASSES & HAPPENINGS REGISTRATION begins on Thurs. Dec 31 at 8:00 a.m.

- Registration is on a first-come, first-serve basis. You can register for yourself and one other person. Cash or checks only, no credit cards accepted. No trip registration.

TRIP REGISTRATION starts Monday, Jan 4 and is held as a LOTTERY.

- Doors open at 8:00 a.m. to fill out your registration form. Breakfast refreshments provided by **Guaranty Bank and Trust**.
- To be in the first round of trip registration, be in the dining room between **8:00 - 8:25 a.m.** to pick a number. Numbers are randomly drawn, so there is no advantage to drawing first.
- **Registration begins at 8:30 a.m.** for people with lottery numbers. During this time, you can **register for yourself and only one other person**. You may also register for classes and happenings at this time. No credit cards.
- When lottery registration is over (approximately 10:30 a.m.), we will re-open registration on a first-come, first-serve basis.
- **After Jan 4**, register for all activities and trips at the front desk during business hours.
- Registration is taken until the deadline date listed for each activity OR until all spaces have been filled. Don't wait - activities fill fast!

Senior Wellness Clinic

The Wellness Clinic focuses on health promotion and disease prevention for seniors 55+. Operated by Visiting Nurses Association (VNA), services include foot care, health checks and blood pressure checks. Medical foot care fee is \$25, paid at your appointment. Benefit is Kaiser covered with pre-approval. Appointments required - 303-655-2075.

Clinic hours: 9:00 a.m. - 3:00 p.m.

Thursdays Jan 7 - 28, Feb 4 - 25

Fridays Jan 15 & Feb 19

**Eagle View Adult Center will be CLOSED
Fri. Jan 1, Mon. Jan 18, and Mon. Feb 15**

Continuous Drop-in Activities

3

Cards, Cards, Cards!

Meet friends for an afternoon or morning of fun. New players are welcome. Questions? Call the volunteer listed.

Hand and Foot

1:00 - 3:30 p.m.
Mondays
Room: Hawk/Heron
Linda 303-910-4221
No cards Jan 18 & Feb 15

UNO

10:00 - 11:30 a.m.
Tuesdays
Room: Brown

Pinochle Pals

12:30 - 3:30 p.m.
Tuesdays
Room: Hawk/Heron
Sandy 303-288-1489
Chama 720-244-6216

Cribbage

12:30 - 3:30 p.m.
Wednesdays
Room: Falcon
Chuck 720-685-3369

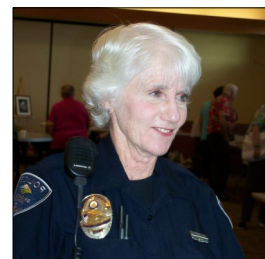
Bridge

12:30 - 3:30 p.m.
Fridays
Room: Hawk/Heron
Judy 303-378-5226
No cards Jan 1

Pitch

12:30 - 3:30 p.m.
Fridays
Room: Falcon
Shirley 720-685-3369
No cards Jan 1

Officer Sharon Wazney with the Brighton Police Department is at Eagle View every Tuesday to assist seniors.



Bingo

No fee - just fun! Prizes vary from bakery goods to "white elephant" gifts. We play immediately following VOA lunch. If you have items to donate for bingo, please drop off at the front desk. No bingo Jan 18 & Feb 15.
12:00 - 12:45 p.m.
Mondays & Thursdays

Computers Available

Computers with free internet are available when the Falcon Room is not occupied. See front desk to use the free Wi-Fi.

Knit & Crochet Drop-in

Drop-in to knit or crochet. No instructors, but friendly help available.
9:00 - 10:30 a.m.
Thursdays
25¢ per week
Copies cost 10¢ per page

Ladies Billiards

Ladies, drop-in for some "women only" billiards. No men please.
1:00 - 4:00 p.m.
Mondays
25¢ per day

Police Time

Officer Wazney is here to answer safety or police issues questions.
11:30 a.m. - 12:30 p.m.
Tuesdays

Wii Bowling

With the TV and Wii, you can "bowl" from a chair or standing. If you can swing your arm, you can Wii bowl.
10:00 - 11:30 a.m.
Wednesdays

Mexican Train Dominos

This is an easy game to learn - it's regular dominos with a fun twist.
12:30 - 3:30 p.m.
Wednesdays

Scrabble

Play Scrabble with others who enjoy the game.
1:00 - 3:30 p.m.
Wednesdays

Tuesday and Wednesday Gift Cards

Win a \$10 gift card thanks to the Senior Advisory Board. Each day you eat VOA lunch on Tues. or Wed. your name goes into the end of the month drawing. Bring a friend and your name goes in twice!

Lending Library

Borrow books from the library for free.

Do NOT re-shelve books; our great volunteer librarians do that!
No hard back books accepted unless they are Large Print!

Massage

Certified massage therapist, Bonita Rose, provides massage services in our wellness clinic. Half hour or one hour appointments are available for target area or full body massages. Call 303-655-2075 for an appointment. Pay Bonita at the time of service.

9:30 a.m. – 11:30 a.m.

Wed. Jan 13 – Feb 24

½ hour - \$26

1 hour - \$41

Deadline: Two days ahead

Blood Pressure Screening

The wonderful firefighters from the Brighton Fire Dept. will be here to perform free blood pressure checks. Stop by!

10:30 - 11:30 am

Thur. Jan 7 & Mon. Jan 25

Dementia Caregiver Support Group

Are you caring for someone with Alzheimer's disease or another form of dementia? This group gives caregivers the opportunity to share with each other their concerns, coping techniques and tips for caring for a loved one with dementia. Group is sponsored by the Alzheimer's Association and led by Sue Herzog. January's group ends at 7:00 p.m. so caregivers can attend the "Effective Communication Strategies" program by the Alzheimer's Association.

6:00 – 7:00 p.m.

Thurs. Jan 7

Free – Drop-in

Effective Communication Strategies

During the holidays, you may have found it difficult to visit with older relatives with dementia. This program by the Alzheimer's Association teaches caregivers, family, and friends to decode verbal and behavioral communication by someone with dementia. Leave with strategies for meaningful connections with people in early, middle and late stage dementia. Program is free, but donations to the Alzheimer's Association are welcome. To register call 303-655-2075.

7:00 – 9:00 p.m.

Thurs. Jan 7

Free

Deadline: Tues. Jan 5

Friday Feast

Our Friday Feast entertainment is "Music by Gary Lee". Gary currently gives nearly 400 live performances a year playing the Morrison Digital Trumpet, which makes this a truly unique entertainment experience. His program "Show Songs through the Decades" will feature songs from the 40s to the 70s. Something for everyone! Our meal will be white chicken chili, sandwich, and dessert provided by Inglenook.

12:00 noon

Fri. Jan 8

\$4

Deadline: Wed. Jan 6

Medicare Counseling

If you need help with Medicare issues, you can receive one-on-one assistance with our SHIP counselor who is specially trained on Medicare insurance programs. Call Ernie at 303-655-2079 to make an appointment. Adams County residents with general questions about Medicare can also call Centura Health Links directly at 720-321-8850.

12:00 - 3:30 p.m.

Tuesdays

Jan 12 & 26

Caregivers Support Group

Are you a caregiver of a loved one or friend? Learn helpful caregiving tips and free or low cost resources to help you. Gain valuable insight from other caregivers. Mary Thatcher from the Senior Hub (303-426-4408) facilitates this free drop-in group.

10:00 – 11:30 a.m.

Thurs. Jan 14

Free – Drop-in

Bunco

Bunco is an easy and fun game of dice. Enjoy an afternoon of laughter, refreshments, and prizes. Bunco fills up fast so don't wait to register!

1:00 – 3:30 p.m.

Thursday

Jan 14 & 28

\$4

Deadline: Tues. before

Depression, Anxiety, & Bi-Polar Disorder

If you struggle with or suspect that you may need to be treated for depression, anxiety, or bi-polar disorder - you don't have to do it alone! Arm yourself with the latest information – for yourself or someone you care about. Join Michelle Sleater, M.D. for an in-depth look at the signs, symptoms, and treatment of these mental health issues. Program sponsored by PVMC.

12:00 – 1:00 p.m.

Fri. Jan 15

Free

Deadline: Wed. Jan 13

Remain Independent with Low Vision

A-3 is a non-profit that helps seniors 60+ to ADAPT and ADJUST to vision loss so they can ACHIEVE independence. They provide home and safety assessments which will give you tips for doing activities of daily living tasks safely. If you no longer drive, they can give you mobility instruction on how to navigate your community and use public transportation. A-3 can also provide free adaptive aides and low vision optometrist visits. Services are free or by donation. Come hear what they can do to improve your life! Register at the EVAC front desk or call 303-655-2075.

9:30 - 10:30 a.m.

Thurs. Jan 21

Free

Deadline: Wed. Jan 20

Healthy Tips

Betty Stephenson shares the most recent research about nutrition and healthy eating.

11:00 a.m.

Thurs. Jan 21

Lunch deadline: Tuesday, Jan 19 by noon.

Getting to Know You Breakfast

Are you amazed how many people come to Eagle View and you don't know them? We hear that all the time. We had so much fun "getting to know you" last year, we are doing it again. Leave the menu to us!!!

9:00 a.m.

Fri. Jan 22

\$4

Deadline: Wed. Jan 20

Low Vision Support Group

The Low Vision Support Group at Eagle View gives seniors 55+ the opportunity to connect with peers to receive emotional support, maintain hope, and process frustration during the transition of living with visual impairment.

1:00 – 2:00 p.m.

Mon. Jan 25

Low Vision Technology Support

Do you have impaired vision and struggle when using technology like a smart phone, I-Pad, or computer? Learn tips and techniques to make technology easier as your sight is declining.



You can also learn how to use specialized low vision technology. Program is led by Petr Kucheryavyy. Questions: Melanie Shotwell 720-308-7705
2:00 – 3:30 p.m.
Mon. Jan 25

Movie: The Second Best Exotic Marigold Hotel

PG /Comedy Drama/ 2015

The Marigold residence hotel for the elderly in India is full. Owner Sonny must open a second hotel in the midst of the demands of his traditional Indian wedding. This comedy is about the hotel residents and owner – their friendships, romances, and an amazing Indian wedding. Sequel stars the original cast and Richard Gere. Please register.

1:30 p.m.

Mon. Jan 25

Free

Deadline: Fri. Jan 22

Cribbage Tournament

Our cribbage tournament is very popular! Tournament includes prize winnings and refreshments. Just drop-in and pay fee to the volunteer.

12:30 p.m.

Wed. Jan 27

\$4

Reader's Theatre Performance

Reader's Theatre performances are always a lot of fun and only last about 20 minutes - plenty of time to take advance of the VOA lunch afterwards. Free!

11:00 am

Thurs Jan 28

Evolution of the Helicopter

Learn about the history of the helicopter – from the gyrocopter that was developed in Denver and couldn't get off the ground - to the helicopter we know today. Hear about new vertical aviation technology that now allows the helicopter to turn on a dime. Presenter and longtime Brighton resident Don Chew worked on the gyrocopter in its early development and has lots of material to share. Two chances to attend this fascinating talk. Free, but please register!

Talk I: Tuesday, Feb 2
10:00 – 11:00 a.m.
Deadline: Mon. Feb 1

Talk II: Thurs. Feb 4
10:00 – 11:00 a.m.
Deadline: Wed. Feb 3



Random Acts of Kindness Week Feb 8 - 12

It is time for our annual Random Acts of Kindness Week where we collectively provide acts of kindness to the community. See the back page for how you can get involved!

Poker By Request



Looking for something to do now that the Super Bowl is over? Join us for a friendly game of "Dealer Choice" poker. We will be playing with equal distribution of poker chips. Prizes for top winners based on number of players. Come for fun, refreshments, and to rehash the Super Bowl! .

Mon. Feb 8
1:30 - 3:30 p.m.
\$4
Deadline: Fri. Feb 5

Friday Feast

We start with a lunch of Southwestern bean chowder, sandwich, and dessert from Brookdale. Then Colorado's own, "Eric & Angelyne the Amazing DEAF Cattle Dog" will amaze you. Angelyne is deaf and responds to over 60 cues including hand signals, touches, flashlights, facial/body language and vibrations. Eric Melvin created the unique training program that has made them famous nationwide. Their partnership is a unique and unforgettable story about love, partnership, dedication and perseverance.

12:00 noon
Fri. Feb 12
\$4
\$1 Volunteers of America desserts
Deadline: Wed. Feb 10

Baked Good Donations

Bring in baked goods for us to sell at Friday Feast. All money benefits the Volunteers of America Senior Meal Program - the organization that provides the Eagle View lunch meals Mon - Thurs. No time to bake? Bring money to purchase desserts for \$1 each.

When Alzheimer's Strikes . . .

Learn what you can do to protect you and your spouse in the event of diminished mental capacity due to Alzheimer's or other debilitating ailments.

An experienced estate planning attorney will discuss some of the ways you can protect your family. Led by an attorney from Dolan & Associates. Please register.

1:30 p.m.
Wed. Feb 17
Free
Deadline: Mon. Feb 15

Chocolate Talk

Join us for a presentation about the health benefits of an all-time favorite food – CHOCOLATE. The benefits may be more than just its taste! Research has begun to indicate that eating dark chocolate may be good for you. Presented by a dietitian from Kaiser Permanente.

Thurs. Feb 18
1:30 p.m.
Free
Deadline: Tues. Feb 16

Exercise for AnyBODY

Your doctor has probably told you that exercise is the best medicine, but to you it just doesn't sound like any fun at all. Maybe you struggle with arthritis or injuries; maybe you just don't know where to start. Join Karen Vizyak, a physical therapist at Platte Valley Medical Center, to learn exercises that anybody can do.

12:00 – 1:00 p.m.

Fri. Feb 19

Free

Deadline: Wed. Feb 17



Kenya Slideshow

Donna Singer went on a two week photo safari of Kenya, Africa several years ago. She toured with a small group from the Denver Zoo and visited 4 different eco systems. Donna got some amazing animal shots and will share factual information about the animals and Kenya. Time for questions and answers. Program is free but please register by the deadline.

9:30 a.m.

Wed. Feb 24

Free

Deadline: Tues. Feb 23

Reader's Theatre Play

Join us right before the VOA lunch for a fun performance by Eagle View's own Reader's Theatre. Come support our hard-working acting troupe!

11:00 am

Thurs Feb 25

Free



Ann Loviolette and Marcia Nevins have participated in Readers Theatre and encourage you to come to the performances!

More February Happenings

Descriptions on Page 4 & 5

Dementia Support Group

Thurs, Feb 4

6:00 p.m.

Medicare Counseling

Tues. Feb 9 & 23

By appointment

Caregivers Support Group

Thurs. Feb 11

10:00 a.m.

Blood Pressure Screening

Thur. Feb 4 & Mon. Feb 22

10:30 a.m.

Bunco

Thurs. Feb 11 & 25

1:00 p.m.

Healthy Tips

Thurs. Feb 18

11:00 a.m.

Low Vision Support Group

Mon. Feb 22

1:00 p.m.

Low Vision Technology Help

Mon. Feb 22

2:00 p.m.

Cribbage Tournament

Wed. Feb 24



The Brighton Recreation Center (BRC) is proud to host the Silver Sneakers Fitness Program. All of the BRC drop-in activities are free to Silver Sneakers members, including swimming, drop-in fitness classes, aqua fitness, cycling, and Silver Sneakers classes.

All of these programs are also open to non-Silver Sneakers participants who are 60+ for the senior rate fee.

Visit the Brighton Recreation Center, 555 N. 11th Ave. or call 303-655-2200 to see if your health insurance covers this great program.

Get fit in 2016!

**Registration for ALL Trips
begins on Mon. Jan 4
See Page 2 for details.**



**Denotes Lots of
Walking**

Wholly Stromboli

By Request

In 2007, this Ft Lupton restaurant set out to marry old fashioned hospitality, quality handmade food, wine and local micro brews in a historic environment with a great atmosphere. Join us for lunch as we enjoy their success and a yummy Italian meal!

10:30 a.m.

Thurs. Jan 7

\$4 (plus meal \$15+)

Deadline: Tues. Jan 5

Lafayette Oatmeal Festival



The City of Lafayette is having its 20th Annual Quaker Oatmeal Festival. It is a popular and unique festival including an Oatmeal Breakfast and a Health Fair focusing on healthy lifestyle. Enjoy an Oatmeal buffet with too many topping choices to count. Register to win amazing prizes at the Step Up to Wellness Health Fair. Dress warmly for walking between venues.

8:30 a.m.

Sat. Jan 9

\$10 (breakfast included)

Deadline: Wed. Jan 6

Galapagos

In *Galapagos 3D: Nature's Wonderland*, meet gigantic tortoises and marine iguanas, dance with tropical albatrosses, and go fishing with colorful blue-footed boobies. This film is a story rich with discovery, survival against the odds, and nature's ingenuity at the Denver Museum of Nature and Science. Breakfast before at Brighton's River Bottom Café.

8:00 a.m.

Tues. Jan 12

\$12 (plus meal \$10+)

Deadline: Thurs. Jan 7

Broadmoor & the Bee *Back by Popular Demand*

For those of you still wanting (and waiting) to stroll through the beautiful Broadmoor Resort, join us as we head back to Colorado Springs! Take a 1 hour historical tour of this beautiful hotel. Lunch before at a 19th century English Pub - The Golden Bee.

9:30 a.m.

Wed. Jan 13

\$15 (plus meal \$15+)

Deadline: Thurs. Jan 7

Air Force Academy *By Request*



We are headed down to Colorado Springs to visit the Air Force Academy. Enjoy a guided tour of the gorgeous Cadet Chapel, then on to a self-guided tour of the Visitor Center, Arnold Hall, the Honor Court and more. Must bring your government issued ID. You will be walking both inside and outdoors so bundle up and wear your comfy shoes. Warm up with lunch on the way home at Bird Dog BBQ.

8:00 a.m.

Fri. Jan 15

\$4 (plus meal \$15+)

Deadline: Mon. Jan 11

Bull Durham Gambling



Start out the New Year trying your luck with us at Bull Durham in Black Hawk. Rewards include \$5 cash, a hot dog and a sweet treat. Bring your players card - 100 base points will receive an additional \$5. Departure time from Black Hawk is 3:00 p.m.

8:45 a.m.

Tues. Jan 19

\$16

Deadline: Thurs. Jan 14
by noon

**REMEMBER: Please arrive 15 minutes BEFORE
the published leave time for all trips so we can leave
on time - especially in the winter!**

Central & South America

The Northglenn Travel Series presents an introduction to the grand natural wonders, architectural treasures, and cultural and artistic highlights of Central & South America. The film visits Antiqua, Guatemala; the Mayan monuments of Belize; National Parks of Costa Rica; Panama Canal, Machu Picchu, Rio de Janeiro, and more. Lunch at Cheddars on the way home.

9:15 a.m.

Wed. Jan 20

\$11 (plus meal \$15+)

Deadline: Fri. Jan 8

National Western Stock Show



By Request

The wine and roses event of the National Western Stock Show, *An Evening of Dancing Horses* brings the best equestrian talent together in front of live music from the Denver Brass. Enjoy an evening full of formal dressage, reining, liberty and other talent from around the world. Time before the show to check it all out and grab a bite to eat at one of the vendors. Trip does NOT include the Rodeo.

4:00 p.m.

Thurs. Jan 21

\$27 (plus food \$10+)

Deadline: Tues. Jan 5



Greece

Greece's ongoing financial crisis is creating political and economic turmoil within the country and beyond, especially within the European community. Join Active Minds at the Tattered Cover Bookstore in Denver for stimulating discussion as they share the story of Greece, from its ancient history to its current struggle. Dessert on the way home at Denver's oldest and finest Greek Bakery.

4:00 p.m.

Tues. Jan 26

\$4 (plus dessert \$10+)

Deadline: Mon. Jan 11

Bowling for Fun!

By Request

What could be more fun than bowling? Join us as we head over to Lisa's Place in Denver for a delicious late breakfast and then on to AMF Sonesta Lanes for a couple of hours of bowling.

9:00 a.m.

Wed. Jan 27

\$14 (plus meal \$12+)

Deadline: Tues. Jan 12

Dance, Dance, Dance

By Request

We are heading up to the Longmont Senior Center to join in the fun at their Thursday evening dance. Tom Yook will be playing, Ballroom, Big Band, Latin, Swing and Waltz. Both singles and couples can enjoy the fun!

6:00 p.m.

Thurs. Jan 28

\$8

Deadline: Thurs. Jan 14



You meet the nicest folks traveling with Eagle View!

International Snow Sculpture

By Request

Bundle up for this trip to Breckenridge to see the creativity of artists that brave the cold for the International Snow Sculpture contest. View these amazing creations and see if you agree with the judges. Warm up over a late lunch at your favorite lunch spot.

9:00 a.m.

Tues. Feb 2

\$4 (plus meal \$15+)

Deadline: Fri. Jan 22



Keystone Dinner Sleigh Ride

Join us for an afternoon of horse drawn sleighs, entertaining guides, delicious food, and live music. Take a twenty minute sleigh ride through snow covered Soda Creek Valley to an enchanting historic ranch home. Hot chocolate, beef stew and biscuits start you off, but there's more! Choose from NY strip steak, grilled chicken, grilled salmon or a vegetarian selection. Finish off this delightful meal with Dutch apple pie, ice cream, and a sleigh ride home. Must have 20 to go. Dress Warm!

1:30 p.m.

Thurs. Feb 4

\$99 (meal included)

Deadline: Wed. Jan 13



Loveland's Love Tour A

Are you in the mood for love? Join Denver History Tours for a tour to the heart of love in Colorado. The Valentine's Day Re-Mailing Program keeps the postal system in Loveland busy stamping & sending out more than 200,000 envelopes filled with love every year. You'll get your valentines personally stamped, ready to send off to the sweetheart of your choice. We will also take in one or two of the city's famous statues and more.

9:00 a.m.

Fri. Feb 5

\$20 (plus meal \$10+)

Deadline: Thurs. Jan 21



Loveland's Love Tour B (See above)

9:00 a.m.

Mon. Feb 8

\$20 (plus meal \$10+)

Deadline: Thurs. Jan 21

Gambling – Z Casino

Show me the money! It is time to head back up to the Z Casino in Black Hawk. You will roll the dice, pull the arm, and basically test your luck. Hopefully, heading home with cash in your pocket. You will receive \$5 Z-Play food credit.

8:45 a.m.

Tues. Feb 9

\$16

Deadline: Thurs. Feb 4
by 12 noon

Hall of Fame at Mile High

TOUCH DOWN! It's Super Bowl Season and the perfect time to enjoy a 75-90 minute professionally guided - ½ mile walking tour of Mile High Stadium. This tour includes stops at CO Sports Hall of Fame, Executive Suite, United Club Level, Visiting Team Locker Room, Keg Room, Thunder's Stall, End Zone, Television Truck Production Area, and the Press Center.

After working up your appetite on this tour we will have lunch on the way home at Bad Daddy's Burgers

10:00 a.m.

Thurs. Feb 11

\$20 (plus meal \$10+)

Deadline: Wed. Jan 20



White Fence Farm

By Request

Join us for a family style dinner at the White Fence Farm. Not only will you be delighted with the surroundings you will have a delicious meal of their famous fried chicken and all the fixins with a sundae for dessert. Meal, tax, gratuity and non-alcoholic beverages are included in cost of trip.

3:30 p.m.

Tues. Feb 16

\$24

Deadline: Tues. Feb 2



**Registration for ALL Trips
begins on Mon. Jan 4
See Page 2 for details.**

America's Grand Canyon

Northglenn's Travel Film Series will take you from soaring rock formations to the raging white water rapids of the Colorado River. Marvel at the majesty of the grandest canyon on the planet! You will see this Grand Canyon via whitewater rafting and the slow and steady route on a pack-mule trip. Day trips to the Havasupai Indian Reservation, Lake Powell, and Zion National Park are also included. Lunch on the way home at First Watch in Northglenn.

9:15 a.m.

Wed. Feb 17

\$11 (plus meal \$15+)

Deadline: Thurs. Jan 28

Denver Pops:

Night at the Movies

By Request

Treat yourself to some popcorn and candy for this performance because Denver POPS is going to feature some of the best music written for the big screen. You will have a chance to hear the music from movies like *Titanic* and *Pirates of the Caribbean*. Be prepared to enjoy a great variety of music. Show is in Highlands Ranch.

5:30 p.m.

Thurs. Feb 18

\$12 (no meal)

Deadline: Thurs. Jan 14

A Gentleman's Guide to Love & Murder

A trip to the Buell Theater in Denver and getting away with murder can be so much fun. And there's no better proof than the knock-'em-dead hit show that's earned unanimous raves and won the 2014 Tony Award for Best Musical - *A Gentleman's Guide to Love & Murder*! No meal on this trip.

12:30 p.m.

Sat. Feb 20

\$56

Deadline: Wed. Jan 20

Thrift Store Shops

By Request



We are heading out for a day of thrift store shopping at the local ARC Thrift Stores. Tuesday is senior day so you will get a 50% discount on most colored tags. Wear your walking shoes and bring your bargain shopping attitude. Lunch along the way at Oscar's Kabobs & Gyros.

9:00 a.m.

Tues. Feb 23

\$4

Deadline: Wed. Feb 17

Broadmoor& The Bee

Back by Popular Demand



If you have NOT been on this trip yet, it is worth the wait. Please join us as we head back to Colorado Springs for a historical tour of this beautiful hotel. Lunch

before at a 19th century English Pub - The Golden Bee.

9:30 a.m.

Fri. Feb 26

\$15 (plus meal \$15+)

Deadline: Thurs. Feb 4

Hello Dolly!

By Request

Return to Candlelight Dinner Theater for an irresistible story and an unforgettable score. *Hello, Dolly!* has been delighting audiences around the world since 1964. Winner of 10 Tony Awards, this dinner and show are sure to entertain! Meal, show, tax and tip included.

10:45 a.m.

Sun. Feb 28

\$58

Deadline: Thurs. Feb 11

Weather Cancellations

In case of bad weather, the decision to cancel a trip will be made by the staff and/or van driver(s). Since Colorado weather changes so rapidly, we will usually not make this decision until 1-3 hours before a trip.

When EVAC cancels a trip you will be notified by phone and will receive a full refund for the event. Events will not be rescheduled.

Please note: **If you decide to cancel BEFORE a decision is made by EVAC** normal cancellation policies apply. See page 15.

**Registration for
ALL CLASSES
begins Thurs. Dec 31**

AARP Smart Driver

Take AARP's driver refresher course of safe driving practices and rules of the road. Most companies offer a discount off your car insurance for the class.

12:00 - 4:30 p.m.

Fri. Feb 26

\$15 - AARP member

\$20 - Non-member

Deadline: Wed. Feb 24

Bridge – Beginning

Beginning bridge is open to anyone desiring to learn bridge fundamentals. No prior knowledge of how to play bridge is preferred for this class. Instruction will begin with learning the fundamentals followed by practice.

Evaluation of hands and how to score will also be included.

Instructor: Bobbi Jo Unruh.

10:00 – 11:00 a.m.

Thursdays

Jan 7 – Feb 25

\$12 (8 wks)

Deadline: Tues. Jan 5

Bridge Level II (Enhancing Your Game)

This is for participants who know basic bridge fundamentals. Review fundamentals and then expand your knowledge of bridge playing: evaluating bridge hands through bidding; most prominently used conventions;

correct scoring; and how to play hands and read game play. The differences between party bridge, regular bridge, and duplicate bridge will be explored as well. Instructor:

Bobbie Jo Unruh

8:45 - 9:45 a.m.

Thursdays

Jan 7 – Feb 25

\$12 (8 wks)

Deadline: Tues. Jan 5

Color Me - Drop-in

Adult "coloring" is a nationwide rage and a great stress reliever. We are providing drop-in time to color together! You provide your own supplies - pencils, markers, coloring pages, eraser, etc. Center closed Jan 18 and Feb 15.

1:00 - 2:30 p.m.

Mondays

Jan 4 – Feb 29

25¢ per day

Craft Time

We provide space to work on any DRY craft hobby such as tatting, knitting, crocheting, bunka and beading. Register and pay the one-time \$4 fee – no matter when you join.

No class Jan 4, 18 & Feb 15.

10:00 a.m.

Mondays

Jan 11 – Feb 29

\$4

Diabetes Prevention

Current Participants only:

1:00 - 2:00 p.m.

Mondays

Jan 11, 25, Feb 8, 22

Exercise

Lois Burrell leads an exercise class for people of all fitness levels - seated or standing.

Drop-in and pay \$1.

10:00 - 11:00 a.m.

Mon/Wed/Fri

Jan 4 – Feb 29

\$1 per day

Fit Ball Class

Fit balls are a wonderful way for seniors to improve balance, flexibility and core strength. Marti Duquette, instructor and physical therapist from PVMC, can show you ways to modify any of the exercises. All fitness levels welcome.

10:30 - 11:30 a.m.

Thursdays

\$20 (4 wks)

Session I: Jan 7 - 28

Deadline: Wed. Jan 6

Session II: Feb 4 - 25

Deadline: Wed. Feb 3

Genealogy

Find your ancestors and record the information using the computer and other resources. Facilitators Sheryl Johnson and Fred Trail will show you free and "for a fee" websites. Limited to 3 people using EVAC computers. Five additional students can bring a laptop or I-device with wireless capabilities and a flash drive. Computer ability necessary.

9:00 – 10:30 a.m.

Fridays

Jan 8 – Feb 26

\$8

Deadline: Thurs. Jan 7

Folded Book Pre-Marked

Ellie Davis will teach you the art of folding books. In this class, you fold a pre-marked book. Choose from the words Love, Joy, Mom or the shapes of Darth Vader or a flower. Cost includes instruction and book. State book preference at registration.

12:00 – 1:15 p.m.

Monday

Feb 8 & 22

\$15

Deadline: Mon. Jan 25

Folded Book – Patterns

Learn how to mark a book for folding using patterns and a ruler. Purchase a used or new book based on guidelines given to you at registration. Pattern choices: Retired, Dream, Family (words) or Love w/Heart, Christian fish symbol (shapes). Choose pattern at registration.

Instructor: Ellie Davis

1:30 – 3:45 p.m.

Monday

Feb 8, 22, 29

\$10

Deadline: Mon. Jan 25

Greeting Cards

Ella Hastman teaches you how to make amazing greeting cards using a variety of materials - ink stamps, colored paper, die cuts, etc. At least two cards completed per class. All supplies included.

9:30 - 11:30 a.m.

Fridays

Jan 8, 22, Feb 12, 26

\$5 per class meeting

Deadline: Wed. before

Healthy Minds

A healthier mind could mean a healthier you. When you change the way you think, you will change the way you live! Are you experiencing changes in your health or being crushed by life circumstances? Are you newly retired, divorced or widowed - and you just can't seem to move forward? Then come support one another in changing the way you think and set yourself free from negative thinking. Led by Dolores Folkenroth.

9:30 - 11:00 a.m.

Wednesdays

Jan 6 – Feb 24

\$2

Deadline: Tues. Jan 5

History: Japan in 1930s

This session we will examine what was happening in Japan in the 1930s that led to their involvement in World War II. We will take a look inside Japan at the government and society before Pearl Harbor. See how the Tojo military controlled government maneuvered a peaceful country into war. Bob Ellis, long time Brighton High and D.U. History teacher, will facilitate conversational learning. No class Jan 18 & Feb 15.

Class I: 9:00 – 10:00

Class II: 10:15 – 11:15

Mondays

Jan 11 – Feb 29

\$3 (6 wks)

Deadline: Thurs. Jan 7

I-Device for Beginners

This class is for those with no experience with an iPhone or iPad and who need to start with the basics. We will cover settings and learn how to begin using basic features. The topics beyond initial setup will include an introduction to built-in apps. You must bring your fully charged device and Apple ID along with your password. Also, you must have email account access and know your password. We will require these when setting up features of the device. Lisa Asmussen in the instructor.

9:00 – 10:15 a.m.

Tuesdays

Jan 12 – 26

\$15 (3 wks)

Deadline: Mon. Jan 11

I-Device 2 (Beginners)

This class is a follow up to the January class. We will learn more features and download apps by interest area. This class is designed for i-Device users who have a comfortable working knowledge of their device. Enrollment in January's I-Device Beginner class is encouraged but not required. Bring your charged device, Apple ID and password. You must have email account access and know your password.

Instructor: Lisa Asmussen

9:00 – 10:15 a.m.

Tuesdays

Feb 9 – 23

\$15 (3 wks)

Deadline: Mon. Feb 8

**Registration for
ALL CLASSES
begins Thurs. Dec 31**

Japanese Bunka Embroidery

Learn the ancient art of Japanese Bunka Embroidery. Make beautiful framed art by “punching” thread through stretched fabric with a special tool. Supplies available for purchase from instructor, Donna Heneger. Three slots are saved for beginners and the first kit is provided.

10:00 a.m. – 12:00 noon
Wednesdays
Jan 6 – Feb 24
\$40 (8 wks)
Deadline: Tues. Jan 5

Knit & Crochet - Drop-In

Drop-in and work on any knit or crochet project you choose to bring. No instructor, but there will always be friendly help available from the group. NO need to register.

9:00 – 10:30 a.m.
Thursdays
Jan 7 – Feb 25
25¢ per week
10¢ per copy

Line Dance – Beginner

This class is for those who are new to line dancing. Instructor Judy Yamakishi will teach you basic steps. Learn 1 or 2 dances per class with lots of repetition.

8:30 - 9:25 a.m.
Fridays
\$20 (4 weeks)

Session I: Jan 8 – 29
Deadline: Thur. Jan 7

Session II: Feb 5 – 26
Deadline: Thurs. Feb 4

Line Dance – Level 2

Learn the newest line dance routines! Some experience in line dancing is necessary. If you’ve taken Beginning Line Dancing several times consider moving to this class.

9:30 - 10:30 a.m.
Fridays
\$20 (4 weeks)

Session I: Jan 8 – 29
Deadline: Thurs. Jan 7

Session II: Feb 5 – 26
Deadline: Thurs. Feb 4

Lives of Great Christians



Learn about Catholic and Protestant movers and shakers (men and women) as we examine the lives of early Christians up to and including Martin Luther King and the Gustavo Gutierrez liberation theory. At each class session we will watch two 30 minute DVD lectures taught by Professor William Cook, State University of New York. After the DVDs, Steve Winkler will facilitate a discussion.

1:00 – 2:30 p.m.
Wednesdays
Jan 6 – Feb 24
\$3
Deadline: Tues. Jan 5

Mindfulness for Health and Wellbeing

Learn techniques to develop mindfulness in daily life. Fifty years of research has proven its benefits in Fortune 500 companies and the military. The techniques are simple ways to improve our immune systems, increase brain function and health, stabilize sleep habits, deepen relationships, alleviate depression - and that’s the short list! Come relax and learn to enjoy the moment. Instructor Ron Liggett.

1:00 – 2:00 p.m.
Tuesdays
\$10 (4 wks)

Session I: Jan 5 – 26
Deadline: Mon. Feb 1

Session II: Feb 2 – 23
Deadline: Mon Feb 1

Oil Painting

Instructor Judy Schissler welcomes all skill levels into oil painting class. Veteran painters work on their choice of paintings. Beginners learn basic skills on a pre-selected painting. Four slots reserved for beginners - let us know at registration. Oil painting is now only in the mornings.

9:00 a.m. – 12:00 noon
Tuesdays
\$10 (4 wks)

Session I: Jan 5 - 26
Deadline: Mon. Jan 4

Session II: Feb 2 – 23
Deadline: Mon. Feb 1

Quilting Beginning – Small Quilt

We're making a small quilt. Pattern can be expanded or reduced for larger quilts or smaller wall hangings. Supply list and patterns will be available the first day of class. If you have never quilted before, please talk to instructor, Teri Hendrickson, before purchasing any tools. You will need to bring a sewing machine to class after the first day. If you have not sewn much or at all – please take Sewing Boot Camp on Wednesdays.

1:00 – 3:00 p.m.

Fridays

Jan 8 – Feb 26

\$15 (8 wks)

Deadline: Thurs. Jan 7

Quilting Intermediate – Medallion Quilts

Join us this session for an adventure. Medallion quilts are made from the center out. You can work from a pattern, an idea, or just work out from the center one row at a time. You can make this quilt as complex or as simple as you wish. We will have lots of ideas at the first class if you don't already have one. Instructors: Shari Coren and Cheryl Stoddard.

1:00 – 3:00 p.m.

Thursdays

Jan 7 – Feb 18

\$15 (7 wks)

Deadline: Tues. Jan 5

Readers Theatre

If you have always wanted to be a performer, Readers Theatre is for you!

Memorization is not needed.

Instructor is Dolly Garcia.

Bring a highlighter, pencil, and black ½" 3 ring binder.

1:30 – 2:30 p.m.

Tuesdays

\$3

Session I: Jan 5 - 26

Deadline: Mon. Jan 4

Session II: Feb 2 - 23

Deadline: Mon. Feb 1

Sewing Boot Camp

This class is for people who have little or no sewing experience. You will learn some basic machine skills, how to use quilting tools properly, and quilting conventions. In the process you will complete a quilted pillowcase, start to finish.

Bring your sewing machine to the first class, along with the instruction manual, and the special tools that came with it. You will receive a materials list at the first class. Unless you already have some quilting tools, do not purchase them ahead of time. Once you have completed this class, you will be ready to go on to Beginning Quilting.

Instructor, Teri Hendrickson.

1:00 – 3:00 p.m.

Wednesdays

Jan 6 – Feb 24

\$15 (8 wks)

Deadline: Tues. Jan 5

Tatting

Tatting creates a durable lace by handcrafting a series of knots and loops. Use it to adorn your clothing and accessories. Instructor Charlotte Jacobucci will teach you this craft.

Registration fee for tatting includes registration in "Craft Time" for no additional charge. No class Jan 4, 18 & Feb 15.

9:15 – 9:45 a.m.

Mondays

Jan 11 – Feb 29

\$4

Technology Lessons (Individual)

Want to learn more about your I-device, phone, tablet, Kindle, android or other computer devices? Do group lessons not work well for you due to hearing or vision needs? Or do you just need some one-on-one help? Lisa Asmussen will be available for private and semi-private sessions most Tuesdays in Jan/Feb. Cost is \$10 per 30 minutes of instruction. Learn with one friend or spouse for the same price. Reserve a 30 minute appointment at the EVAC front desk.

By Appointment

8:00 - 9:00 a.m.

10:30 - 11:30 a.m.

Tuesdays

Jan 12, 19, 26

Feb 9, 16, 23

\$10 – Pay Instructor

If we have snow/weather cancellations you will be notified by the instructor or Eagle View. Make-up classes will be determined on a class by class basis.

Senior Advisory Board

The purpose of the Advisory Board is to advise and assist in the needs and operations of Eagle View. The Board will meet Tues. Jan 19 & Feb 16 at 1:00 p.m. Members are: Chuck Phelps, Fran King, Dave Thomas, Peggy Jarrett, Dan Buckner, Lois Burrell, Jane Talbot, Bill Alsdorf, Dave Jacovetta, Heidi Storz, Judy Schissler, and Richard Villalva. JW Edwards is the City Council representative. Visitors are always welcome.

Friends Program Fund

The Senior Advisory Board has established a scholarship fund. The Friends Program Fund provides financial assistance to older adults with limited financial resources to participate in programs sponsored by Eagle View Adult Center. The simple application form is available at the front desk. Application must be approved PRIOR to registering for the event. Donations to the fund are appreciated.

Charitable Contributions

Together we can continue to enhance the great programs and services offered for seniors and active adults in the Brighton area. Your financial support will be recognized on the donor wall at Eagle View. All donations are tax deductible. Make donations payable to: Brighton United Senior Citizens, 1150 Prairie Center Parkway, Brighton, CO 80601.

Donor Opportunities for Wall Recognition:

Friend: \$100 - \$499

Memorial: \$100+

Sponsor: \$500 - \$999

Benefactor: \$1000+

Cancellations Due to Weather

In the occurrence of bad weather, the decision to cancel a class, trip or event will be made by the staff upon the recommendation of the instructor or driver. Trip and class participants will be called if the decision is made to cancel. Watch TV news for VOA lunch cancellations. The decision to close the Center will be made by the City Manager.

Trip and Activity Policies

- Anyone 55 years of age or older is given priority to participate in all center activities and programs.
- If adults age 40 - 54 want to attend a class, trip, or a space-limited event they will be added to a wait list. Inquire at the EVAC front desk.
- Payment is due at registration. Cash and checks only. Keep your receipt.
- The Center reserves the right to cancel any activity if minimum registration is not met.

Refund Policy for Cancellations:

If the CENTER cancels the activity/trip:

Full refunds will be given.

If YOU cancel BEFORE the deadline date:

Refund of cost, minus a \$4 cancellation fee.

If activity charge is \$4 or less, NO refund is given.

Allow one week to process refunds.

If YOU cancel AFTER the deadline date:

NO REFUND IS GIVEN unless we can sell your spot. If you can't go on a ticketed trip, **DO NOT** give your space to anyone before checking with Eagle View to see if there is a waiting list. If there is NO wait list, you may give away or sell your trip space. Tell EVAC **BEFORE** the trip if someone is taking your place.- one day notice preferred.

Outreach & Referral

Do you need help and don't know where to turn? Ermie Marquez will assist you with completing forms, help you find needed services, and make home visits to assist homebound people! Call 303-655-2079 for an appointment.

Transportation

VIA provides specialized transportation within the City of Brighton. VIA can take you to medical appointments, grocery shopping and Eagle View, to name just a few of the places you can go in Brighton. Call 303-447-2848 x1014 for more information; to schedule rides, call 303-447-9636.

Call-n-Ride - The green bus is an RTD service. Call 303-994-3549 to make a reservation. The driver will pick up and deliver you anywhere within Brighton, Mon - Fri, 6:00 a.m. - 7:00 p.m. Cost is the local RTD bus fare.

Don't Miss This!



Random Acts of Kindness



Join the Eagle View Adult Center in a week-long celebration of doing for others.

Drop items off at Eagle View ON or BEFORE the date listed.

A list of suggested donation items is available.

- Mon. Feb 8 Valentines of Love:**
Make/purchase and sign valentines to give to local nursing home residents
- Tues. Feb 9 Project Valentine:**
Purchase new items to fill Valentine Gift Bags for patients having chemotherapy on Valentine's Day
- Wed. Feb 10 Homeless Toiletries:**
Bring in toiletry items for Brighton area individuals who are homeless
- Thur. Feb 11 Canned Food Drive:**
Donate canned goods and dry food for Brighton food pantries
- Fri. Feb 12 Help Our Schools:**
Donate school supplies for Brighton children
- Fri. Feb 12 Desserts for VOA:**
Donate and/or purchase a dessert to benefit Volunteers of America – they provide our center's lunchtime meals. Desserts sold at February's Friday Feast.

Mark Your Calendars!

Spaghetti Luncheon

For the last 28 years, we have hosted this great community event! Young and old are invited to join us. All proceeds benefit our Senior Games Team. Tickets now on sale!

\$7 adults

\$4 children (12 & under)

11:00 a.m. – 2:00 p.m.

Sat. March 5

Free Income Tax Preparation

Free income tax preparation and electronic filing for all Adams County taxpayers with an income of \$56,000 or less. Bring your 2015 completed tax return, photo ID, Social Security card, W-2s, 1099 forms, proof of other income, and deductible expenses. Questions: Adams County Treasurer Office 720-523-6163

9:00 a.m. - 3:00 p.m.

No appointments/Drop-in

Mondays: Jan 25 - Apr 11

Adams County Gov. Center,
4430 S. Adams County Pkwy
Brighton, West entrance.



1150 Prairie Center Parkway, Brighton, CO 80601

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